

Eye Safety At Work

Is Everyone's Business.



www.healthyvision2010.org

Making Vision a Health Priority

Poor vision and unsafe work conditions can lead to injuries, lost time on the job, lost wages, or in extreme cases, permanent disability or death. So when you think of the important tools of your trade, be sure to keep healthy vision at the top of your list. Here are some suggestions:

Use protective eyewear at work.

Employers are required to provide a safe work environment. Where eye hazards exist, they are also required to provide appropriate eye protection and ensure that it is used. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type of eye protection at all times and encourage your coworkers to make a habit of it as well.

If the appropriate type of protective eyewear is not available at your worksite or you identify new eye hazards, notify your supervisor immediately.

Seek help immediately.

To minimize the danger to your vision, eye injuries must receive immediate treatment. Don't wait for eye problems or injuries to go away on their own. Know basic eye injury first aid. Have your employer post the first-aid requirements at your worksite.

Minor dust in the eye may wash out easily at the eyewash station. Chemical splashes require extensive flushing that should start immediately and continue while you or your injured coworker is transported to medical help. Nails, wire, slivers, and other fragments in the eye should be left alone and the injured person immediately taken to an emergency department. Severe blows to the eye must be treated immediately.

Get regular eye exams.

Imagine the difficulties of being a steel worker, crane operator, or long-haul truck driver with poor vision. Uncorrected vision problems such as nearsightedness (myopia), farsightedness (hyperopia), distorted vision (astigmatism), and eye diseases can all result in injuries that can cost you, your coworkers, or innocent bystanders their health, livelihood, and way of life.

Have regular eye exams. Your eye care professional will recommend the type of eye exam that is best for you and how often you need to get your eyes checked.

During an eye exam, your eye care professional will check for conditions that may be affecting your vision and that can be corrected with prescription eyeglasses, contact lenses, medication, or surgery.

A comprehensive dilated eye exam includes getting drops put in your eyes to widen (dilate) your pupils. This procedure provides a better view of the inside of the eye so your eye care professional can check for early signs of eye disease. Early detection and timely treatment of eye disease can help protect your vision.

Make your vision a health priority.

